

Trail Treat

Makes: 4 Servings

Ingredients

Choose Two of These:

- pretzels (1 cup)
- square corn, rice or wheat cereal (1 cup)

1 cup round oat cereal

1 cup popcorn

- goldfish crackers (1 cup)

Choose Two of These

1/4 cup raisins

- dried cranberries (1/4 cup)
- dried banana chips (1/4 cup)
- dried pineapple (1/4 cup)

1/4 cup peanuts

- soy nuts (1/4 cup)

Directions

1. Wash hands; get out utensils.
2. Choose the ingredients you want to use.
3. Measure the suggested amounts of chosen ingredients and add to mixing bowl.
4. Mix ingredients using stirring spoon and divide evenly

Nutrition Information

Nutrients	Amount
Calories	260
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	2 mg
Sodium	436 mg
Total Carbohydrate	38 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	1 g
Protein	7 g
Vitamin D	0 IU
Calcium	80 mg
Iron	6 mg
Potassium	216 mg
N/A - data is not available	
MyPlate Food Groups	
Grains	1 1/2 ounces
Protein Foods	1/2 ounce

MyPlate Food Groups

into 4 storage bags.

5. Enjoy your Trail Treat.

Notes

Ingredients used for costing and nutritional analysis:

- round oat cereal
- popcorn
- raisins
- peanuts

Source: Chickasaw Nation Get Fresh! Nutrition Education Program.